

**Amendments to the Claims:**

This listing of claims will replace all prior versions and listing of claims in the application:

**Listing of Claims:**

Claims 1-31 (canceled).

32. (Currently Amended) An exercise bicycle comprising:  
a frame including a seat and handlebars;  
a flywheel including an axle housing, the flywheel being rotatably supported on the frame;  
a drive train, including a drive train sprocket, a crank arm attached to and extending from the drive train sprocket, and a pedal attached to the crank arm, the drive train being rotatably supported by the frame, and a slave sprocket coupled to the flywheel, with the drive train and slave sprockets connected in a direct-drive relationship, the drive train drivable in a forward and rearward direction to cause the flywheel to rotate;  
a one way bearing circumferentially mounted on the axle housing, the slave sprocket circumferentially mounted in engagement with the one way bearing;  
a spring tensioner coupled to the axle housing; and  
a clutch positioned ~~in engagement to engage~~ with the slave sprocket and the flywheel, the clutch including a biasing member positioned between the clutch and the spring tensioner, the clutch creating a break free force.
33. (Previously presented) The exercise bicycle of claim 32, the biasing member being a Belleville washer.
34. (Previously presented) The exercise bicycle of claim 32, the axle housing defining a cylinder wherein a outside circumference of the cylinder adjacent the clutch is threaded.
35. (Previously presented) The exercise bicycle of claim 34, the spring tensioner defining a threaded aperture adapted to engage the threaded outside circumference of the axle housing.

36. (Previously presented) The exercise bicycle of claim 35, wherein the spring tensioner is rotatable about the axle housing so as to increase or decrease the break free force.

37. (Previously presented) The exercise bicycle of claim 32, the clutch including an inner clutch plate adjacent an inside edge of the slave sprocket, and an outer clutch plate adjacent an outer edge of the slave sprocket.

38. (Previously presented) The exercise bicycle of claim 37, the clutch including an inner clutch washer positioned between the outer clutch plate and the slave sprocket, and an outer clutch washer positioned between the outer clutch plate and the slave sprocket.

39. (Previously presented) The exercise bicycle of claim 38 wherein the inner clutch washer and the outer clutch washer are polyethylene.

40. (Previously presented) The exercise bicycle of claim 33 wherein the spring tensioner defines an outwardly extending flange circumferential to the axle housing, the outwardly extending flange adapted to center the Belleville washer about the axle housing.

41. (New) The exercise bicycle of claim 32, wherein the clutch comprises a clutch plate circumferentially disposed about the axle housing and operably connected with the slave sprocket

42. (New) The exercise bicycle of claim 32, wherein the clutch comprises a clutch plate circumferentially disposed about the axle housing and operably associated with the slave sprocket